

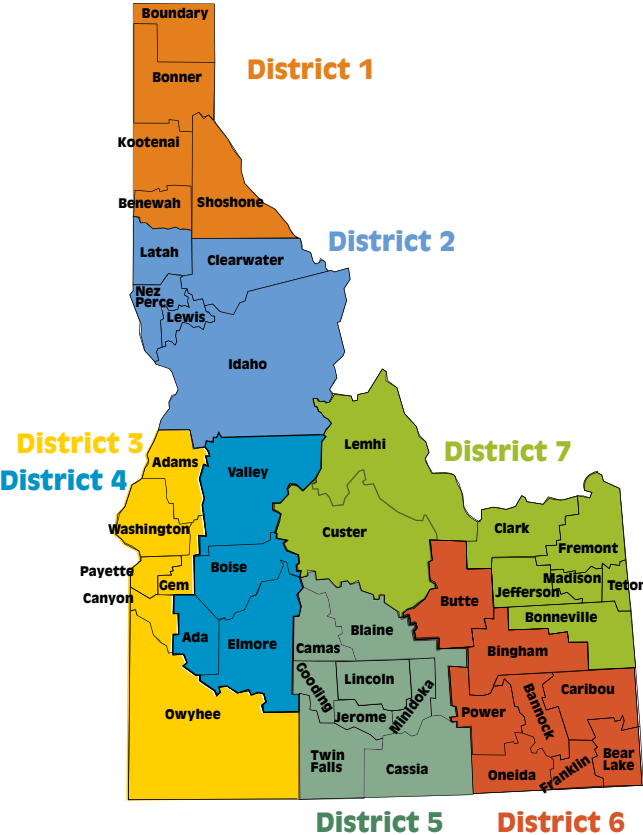
# Quit Help from the 2-1-1 Idaho CareLine

Join a class to help you quit. You can attend a class given by your local public health district for free. Call 2-1-1 or 1-800-926-2588.

In these group classes you'll learn:

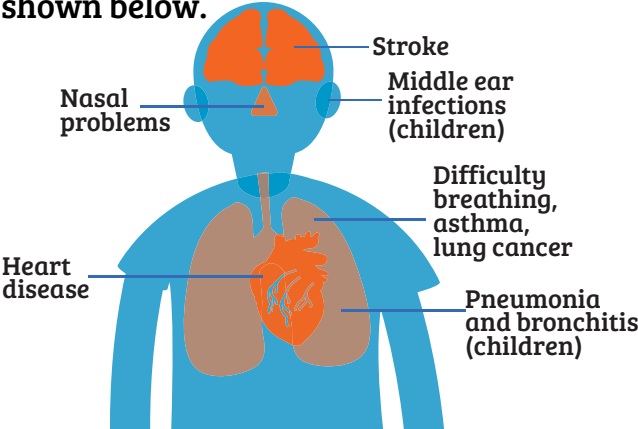
- Tips on how to quit
- New coping skills
- Nutrition and physical activity tips to help avoid weight gain
- How to manage your stress

## Idaho Public Health Districts



# Secondhand Smoke is Harmful, Too

Secondhand smoke is made up of smoke from the burning end of a cigarette and also the smoke breathed out by smokers. It can cause, or make worse, many negative health effects, like the ones shown below.



If you haven't quit yet, make your home smoke-free. It may be one of the most important things you can do for the health of your loved ones.

Reference Sources

- Centers for Disease Control and Prevention, Smoking and Tobacco Use. <http://www.cdc.gov/tobacco>
- American Lung Association, Stop Smoking. <http://www.lung.org/stop-smoking>

The Idaho QuitLine is a program of the Idaho Tobacco Prevention and Control Program at the Idaho Department of Health and Welfare. No tax dollars are involved and no fees are charged to people who register for phone or web support.

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IDAHO DEPARTMENT OF HEALTH & WELFARE  
DIVISION OF PUBLIC HEALTH



## Quitting Offers Many Health Benefits!

**20 minutes**  
AFTER YOU QUIT SMOKING,  
your blood pressure  
**goes down.**

**8 hours**  
AFTER YOU QUIT SMOKING,  
your blood oxygen  
**returns to normal.**

**3 months**  
AFTER YOU QUIT SMOKING,  
your lungs **work better.**

**1 year**  
AFTER YOU QUIT SMOKING,  
your risk of heart attack  
**drops by half.**

## Project Filter Offers Free Support to Help You Quit

Project Filter offers free support through the phone and on the web. Some people don't mind talking to another person on the phone about quitting. Some people would rather use a website.

Both services provide free nicotine replacement products, also called nicotine replacement therapy (NRT). You can choose from nicotine patches, gum and lozenges.

### What are Nicotine Replacement Products?

Nicotine replacement products contain low amounts of nicotine, but no tobacco. The products help cut down on your craving for nicotine. They also help ease the symptoms of nicotine withdrawal.

### Is It Easy to Get Nicotine Replacement Therapy?

It takes only a few minutes to sign up for NRT. A quit coach can help you decide which product is right for you. It's easy and FREE!



## Get Phone Support Through the Idaho QuitLine

Call 1-800-Quit-Now (1-800-784-8669)

The QuitLine uses trained coaches to help you quit. You can receive up to five free counseling sessions. You can also sign up for QuitLine's free **Text2Quit** service to receive personal text messages.

A quit coach will be there, anytime, seven days a week. You can get coaching in English or Spanish. You can ask for an interpreter if you need one. The QuitLine also provides services for the Deaf and Hard of Hearing Community (TTY 1-877-777-6534).

### Get Web Support

When you sign up for web support, you'll find these quitting resources on the site:

- Workbooks and guides to help you stick with your quitting plan
- A private, online community where you can track your progress and join in on discussion groups
- A free supply of nicotine replacement products\*

## Sign Up for Free Quit Support the Easy Way

Make it easy on yourself! You can sign up for free web support at Project Filter's website: [www.projectfilter.org](http://www.projectfilter.org).

\*Subject to availability and eligibility